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READERSHIP The Metro brand continues to grow by leaps and bounds both in Calgary and nationwide.

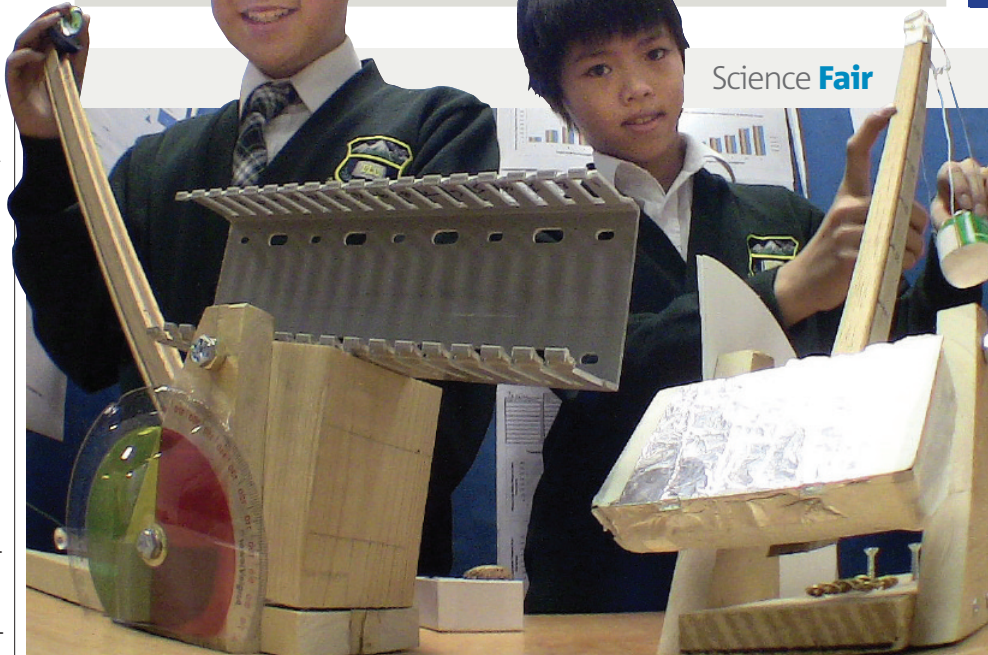
Metro Calgary's 2009 readership jumped 20 per cent compared with 2008, and the paper is now read by 60,000 Calgarians daily. It had the highest increase in weekly readers of all Calgary daily newspapers in the 18-to-34, 18-to-49 and 25-to-54 age ranges.

"After three years in the marketplace, and despite a challenging economy, Metro Calgary continues to grow," said Metro Alberta publisher Steve Shrout.

Metro Canada now reaches 1,293,100 daily and 2,764,500 weekly readers coast to coast, making it the most-read daily newspaper in Canada, according to results released today by the Newspaper Audience Databank (NADbank).

Metro Calgary would like to thank readers for their support.

METRO CALGARY



Ryan Lee, 11, and Richard Lee, 11, both Grade 6 students from Brentwood Elementary, demonstrate throwing physics using home-made catapults at the 2010 Calgary Youth Science Fair being held until Saturday at the Big Four building at Stampede Park. For video coverage, go to metronews.ca/local.

Woman charged in tampering at Co-Op

KRISTA SYLVESTER
krista.sylvester@metronews.ca

CRIME Although only one charge was laid against a Calgary woman in connection with a food-tampering incident at a northwest grocery store, police believe there may be more.

Acting Staff Sgt. Don Coleman said Tatyana Granada, 43, has been charged with a single count of mischief over \$5,000 in relation to a March 11 incident where an Oakridge Co-Op customer found metal pins pushed into cheeses and flatbreads.

It was the fifth time food was tampered with at the store since January. In the other incidents, similar metal pins were found in various deli and cheese products.

"The investigations into the other incidents are continuing but we do believe they are related," Coleman said, adding Granada was the only suspect police are looking into.

Although no motive has been determined, police said the woman was not an employee of Calgary Co-Op but a former customer who is known to police on a "smaller scale."

The Oakridge Co-Op stepped up security after the initial incidents in January and February, but police won't say how they were led to Granada for "investigative" reasons.

Follow Metro on Twitter for news updates and more: [@metrocalgary](https://twitter.com/metrocalgary)

Scale for avalanche risk

Updated warning system won't restrict access to backcountry

KRISTA SYLVESTER
krista.sylvester@metronews.ca

City backcountry enthusiasts are applauding an updated avalanche warning system after the federal government announced it won't involve restricted access to Canada's vast wilderness.

Environment Minister Jim Prentice announced yesterday in Calgary an avalanche danger scale that won't restrict backcountry use but allow people to make safer decisions.

The announcement came just days after a massive slide that killed two Alberta



Jim Prentice

men and injured dozens of people attending a snowmobile rally near Revelstoke, B.C.

Outdoor enthusiast

Krista Thibodeau likes the new system and supports the freedom to enjoy the open spaces without big brother watching over people's shoulders.

"It's impossible to monitor all the backcountry, and as a skier or snowboarder you should know your limitations. But I think the new system allows people to

make better-informed decisions about the risks involved," she said.

The Revelstoke avalanche reignited debate about whether governments need to step in and protect people when conditions are dangerous.

Prentice ruled out such steps by the federal government, which controls avalanche areas within national parks.

"It is impractical to close the backcountry entirely in a country as large as Canada and we will rely, at the end of the day, upon people to make safe choices with the right amount of information," he said.

The new scale builds on one that was already in place by Parks Canada. It continues to have five conditions ranging from low to extreme, but Prentice said it paints a much clearer picture of the risk involved.

The warnings show the likelihood of avalanches being triggered, their expected size and whether travel is recommended.

The icons are made so that a skier who might not understand the writing next to the warning will still recognize pictures showing what kind of risk is involved.

WITH FILES FROM THE CANADIAN PRESS

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 SCAN LIFE
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 Find out on the Local page.

Metro Homes pg 17

Old is new again



On the web
 Visit metronews.ca for news updates

TAX TIP #15

You might be eligible for a tax credit for your transit pass

You may be eligible to claim a special tax credit for transit passes purchased in 2009 on this year's return.

This tax tip brought to you by Alberta's Chartered Accountants. To see all 58 useful tax tips please visit:

www.albertaCAs.ca

The Institute of Chartered Accountants of Alberta provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filing your 2009 tax return, please consult with the Canada Revenue Agency or your personal tax professional.



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Local



"We will not sit idly by and let those propaganda campaigns happen."

Alberta Energy Minister Ron Liepert, left, at the Calgary Chamber of Commerce yesterday, where he told a business audience the provincial government would be launching initiatives to defend against negative publicity attacks on the Alberta oilsands.

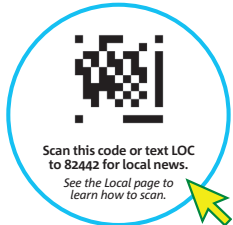
METRO CALGARY

News in brief

WARRANT Calling it a "despicable act," Calgary police have issued a Canada-wide warrant for an 18-year-old man in relation to a number of racially motivated graffiti incidents last year attacking the Calgary Jewish Community. Police cannot name the man since he was a youth at the time, but say he has ties to local anti-Semitic groups in Calgary.

ASSAULT Police say two girls who were jumped by a group of five teens on their way to school in Castleridge were more shaken up than hurt yesterday, but suffered minor scratches to their arms in the incident. Police don't believe robbery was a factor, but continue to look for the offending teens.

METRO CALGARY



Scan this code or text LOC to 82442 for local news. See the Local page to learn how to scan.

Following news stories on Twitter...

CalgaryTweets

@BluBeauti Anybody in the #yyc sun tanning on their patios yet? I cud wear my green bikini...maybe too cold still. Tanning booth it is.

@jayemkayem There's a guy playing the bagpipes outside ceili's #yyc and he's hitting all the wrong notes

Lotteries

Lotto 6/49: 5, 6, 21, 38, 42 & 45 Bonus 46
These results are not official.

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Give the gift of music

Groups join forces to gather instruments for needy kids

IMAN BUKHARI
for Metro Edmonton

Three city organizations are encouraging Calgarians to get off their brass and donate used instruments to help bring music to underprivileged children and youth in the city.

Terry Fox Junior High School, Kerby Senior's Centre and the Legacy Children's Foundation have teamed up for the "Jump on the Band Wagon" musical instrument drive.

The instruments will be provided to community music programs (where needed) and financially challenged children and youth to become involved in life-enhancing music experiences.

"We started this four-and-a-half years ago and we're still determined to help out financially challenged children," said Darryl Wernham, CEO of Legacy Children's Foundation.



Legacy Children's Foundation CEO Darryl Wernham is hoping Calgarians can help deliver the joy of music to youngsters by donating used instruments for them to play.

The instruments will go to children found through social service communities, word of mouth, and advertising.

"I hope as a result of this drive, we can have lots of instruments to give to financially challenged kids in the community," said

Wernham.

Calgarians are welcome to drop off donations of "gently used" or new musical instruments at Terry Fox Junior High School and at the Kerby Centre Monday through Friday from 8:30 a.m. to 3:30 p.m.

"We are all looking forward to the event as it is an exciting opportunity for

our youth and the entire community to pull together," said Don Barbor, principal of Terry Fox Junior High School.

Cash donations are also accepted.

For more information and drop-off locations, visit the Legacy Children's Foundation website at www.legacyfoundation.ca

Two charged after cops seize 31 kg of Khat at airport

KRISTA SYLVESTER
krista.sylvester@metronews.ca

DRUG BUST Thirty-one kilograms of the illicit drug Khat were seized at the Calgary airport Saturday and two women are now facing charges.

Border officials seized the amphetamine-type drug from the luggage of the two women inbound from London, England, last Saturday, RCMP revealed yesterday.

"It was simply stored in the luggage, not concealed at all," RCMP Staff Sgt. Patrick Webb said of the chewable, plant-like root drug from Africa.

It's the largest bust of the year involving the drug, though Webb says there have been four seizures in 2010.

"People may have used before and want to use again. We have seen more of this in the city and I suspect it's due to the rising immigrant population,"

Webb added.

While the drug may be legal in other countries, it's illegal in Canada, Webb says. Officers found the drug upon a further inspection of the two women's luggage, officials say.

Melinda Zsuzsanna Meszaros, 36, and Katalin Racsko, 56, both of London, England, have been charged with importation of a controlled substance and appeared in Alberta provincial court Monday facing charges.



Staff Sgt. Patrick Webb and Canada Border Services supervisor Catherine Keiller show off the Khat seized last Saturday.

Computer virus compromises patient info

PRIVACY Patients at the University of Calgary Sunridge Medical Clinic may have had personal information compromised after two computer viruses infected the clinic's computers.

One of the viruses shut down the computers, while the other may have remotely allowed unauthorized third parties to access information.

"Customers need to be aware of this problem, so they can monitor to make sure there isn't any unusual thing happening around them," said Dr. Cathy MacLean, from the University of Calgary.

The infected computers had documentation such as patient demographics, patient referrals, health insurance, billing codes, and Alberta Health Care numbers.

The computers have been shut down and an investigation has begun.

Although there is no evidence that personal information was leaked, all patients are being reminded to remain alert for activity that could indicate misuse of their identities.

IMAN BUKHARI/
FOR METRO CALGARY

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WHAT'S ONLINE TODAY

Video As the loonie chases down the U.S. dollar, many experts think parity will be here for the long haul at metronews.ca/canada



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Party bus firm wants industry in talks

KRISTA SYLVESTER
krista.sylvester@metronews.ca



As government officials are set to meet today to discuss party bus industry regulations, a local party bus company is concerned there is no industry

attendance at the meeting.

Officials from Calgary, Edmonton and the province are speaking today in Red Deer about the fate of the party bus industry, just two months after a man was run over by a party bus after he

was kicked off.

Tom Malin, CEO of Party Machine, a Calgary-based party bus, said while he agrees improvement is needed, he wants the industry to be involved in the talks.

"I feel that our voices should be heard since we

have background knowledge of the industry. We just want to help be a part of the solution," Malin said.

The meeting will address perceived problems and discuss regulating party buses through the province, something both

the industry and local politicians hope to prevent, Malin added.

Calgary party bus industry members have already met to discuss the situation and have retained the services of Diligence LLP, a risk advisory firm, to identify collective improvements.

Anti-racism group set to celebrate, prepares for countermarch

IMAN BUKHARI
for Metro Calgary



RALLY Anti-Racist Action (ARA) is calling on friends and broader communities to join them in celebration of anti-racism.

The rally will take place on the steps of city hall this Sunday at 11 a.m.

"We want this rally to become a tradition and help to show that Calgary is not a place of intolerance," said Jason Devine, spokesman for ARA.

While the event is planned to celebrate cultural diversity, ARA encourages all who are willing to confront Aryan Guard or the Western European Bloodlines, if they choose to stage a countermarch.

"The confrontation is not in the sense of fighting or attacking neo-Nazis, but rather an obstruction to form a human barrier to prevent them from marching through our streets freely."

Although last year the rally did have violence, ARA does not encourage it.

"We are not calling on people to engage in violence, though we believe we all have a right to self-defence," he said.

News in brief

WEST LRT Parking restrictions could be imposed after the city's land use, planning and transportation committee yesterday approved extensive parking zones along the West LRT route. Ward 6 Ald. Joe Connelly proposed the idea, though some on committee thought it was finding a solution to a problem that didn't yet exist. Construction of the LRT line started earlier this month and is expected to be carrying passengers by late 2012.

COMPLAINTS The College of Physicians and Surgeons of Alberta (CPSA) received 756 complaints against Alberta doctors in 2009. The complaints have increased tremendously compared to 550 the year before and the amount is among the highest number in the last decade. Increased wait times and doctor shortages may have played a factor in boosting the number, according to CPSA.

METRO CALGARY



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Detainees still at risk of torture: Amnesty

A civil-rights lawyer told MPs yesterday detainees handed over to Afghan authorities by Canadian soldiers are still at risk of torture. Paul Champ — who represents Amnesty International Canada and the B.C. Civil Liberties Association — testified at the special Commons committee on Canada and Afghanistan. **THE CANADIAN PRESS**

5

Canada



Tories fight NDP iPod levy plan

Conservatives are Canada's new iPod freedom fighters. Cabinet ministers and MPs are putting up a vigorous defence against the NDP's move to have a levy applied to all new MP3 players, hard drives and laptops. The money would theoretically go into a fund for Canadian music artists the same way as the current 29-cent levy on blank CDs and cassettes. The proposal is New Democrat MP Charlie Angus' private member's bill. So far, it has the full support of only the Bloc Québécois, not enough to pass the House of Commons. **THE CANADIAN PRESS**

Loonie to keep flying high

Dollar could hit parity with U.S. greenback at any time: Experts

The high Canadian dollar appears to be here to stay despite what the Bank of Canada or inflation do to impact the currency.

Economists say the loonie, which jumped past 99 cents US yesterday, could hit parity at any time.

And unlike two years ago when the currency fell off the parity perch against the U.S. greenback as quickly as it had climbed, this time there will be no sudden retreat.

Under normal circumstances, Friday's inflation numbers should provide a downward draft to the loonie's flight.

The consensus of economists is for inflation, which hit 1.9 per cent in January, to fall all the way

back to 1.4 per cent in February's data.

That won't matter, however, says TD deputy chief economist Craig Alexander.

He says the markets have already priced in that inflation will be low going forward, as they have that the Bank of Canada will likely move well before the U.S. Federal Reserve in raising interest rates.

Whether the loonie is slightly below parity, at parity or a little above, Alexander says the key point is that Canadians should expect the currency to remain strong for some time.

Also pushing up the currency is the perception that Canada's resources-based economy will con-



A Canadian dollar sits on top of its American counterpart in this file photo. The high Canadian dollar appears to be here to stay despite what the Bank of Canada or inflation does to impact the currency.

tinue to benefit from high oil and mineral prices.

Industry Minister Tony Clement said Canadian

businesses are learning to live with and work around the higher dollar.

THE CANADIAN PRESS

Pot army's drug of choice: Tests

STUDY Marijuana is the illegal drug of choice in the Canadian Forces, according to the first random tests of the entire military.

Almost one in 20 Forces members — 4.7 per cent — “recently” used illicit drugs, says the newly released study based on random urine samples. And the vast majority were using some form of cannabis, with cocaine, morphine and codeine far behind.

The survey results are based on 1,327 mandatory

urine samples taken randomly, without prior notice, among all three services and across the country. Refusal to provide a urine sample could result in disciplinary action.

THE CANADIAN PRESS



RCMP documents put René Lévesque in “suspected Communist” club.

Scan code or text SPIES to 82442 for more. Learn how to scan on the Local page.

News in brief

SUMMIT The federal government is poised to spend \$166,500 on a decorator for this year's G8 and G20 summits, even as it clamps down on spending in the face of a

record deficit. The Foreign Affairs Department says it intends to hire Bruce Forster, a B.C. interior designer who has decorated several of Canada's previous summits. **THE CANADIAN PRESS**



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AMVIC LICENSEE

The Vatican has begun formally investigating reported apparitions of the Virgin Mary at the Medjugorje shrine in southern Bosnia. Six youths in 1981 said they had regularly seen visions of the Virgin in the remote village 110 kilometres southwest of Sarajevo. More than 30-million faithful have visited the area since 1981. **THE ASSOCIATED PRESS**

Vatican probes visions of the Virgin at Bosnia shrine

World



Roadworkers find WW2-era shells

Dozens of people were moved to safety from their homes in Moscow yesterday after workers uncovered more than 900 rusty Second World War-era artillery shells beneath a road. The workers stumbled on the cache as they expanded a road in the Russian capital's western region.

THE ASSOCIATED PRESS

World gets a green light ... to party

Not only Irish eyes were smiling

The world turned a party-sized shade of green yesterday.

It was St. Patrick's Day, the annual celebration of all hues of Irishness.

• **In Dublin**, more than a half-million people lined a three-kilometre parade route. There were dancing troupes from Africa and India, bands from Austria and France, giant insect floats from Spain, and Dubliners dancing with mops and dusters.

The biggest laughs came for man-sized eggs with legs fighting bakers armed with wooden spoons.

• **In New York**, people lined Fifth Avenue a dozen deep for the world's oldest St. Paddy's parade.

Phil Giovanniello, a mili-

tary police officer on leave from Iraq, smoked a cigar and took in the sea of green.

"This is my first parade," said Giovanniello. "And it feels great."

• **At the White House**, U.S. President Barack Obama met with Irish Prime Minister Brian Cowen.

Obama noted 36-million Americans claim Irish ancestry, adding: "I'm sure more do on St. Patrick's Day." **THE ASSOCIATED PRESS**



Surrender leads to police breakthrough in Berlin poker heist.

Scan code or text HEIST to \$2442 for more. Learn how to scan on the Local page.



Seeing the world through green-coloured glasses: These revellers were among half-a-million people who turned out in Dublin, Ireland, to watch the annual St. Patrick's Day parade.

Steamy texts put pair in Dubai jail

SEX A string of steamy text messages has resulted in a jail sentence for an Indian couple in Dubai. Authorities said the sexual content of the texts suggested the unnamed pair planned to "commit sin" — a reference to an extramarital affair, which is illegal in the United Arab Emirates. The pair were each sentenced to three months in jail.

THE ASSOCIATED PRESS

Egg-donor raffle sparks U.K. debate

INFERTILITY An American infertility clinic seeking business in Britain has prompted fierce criticism by offering free eggs from a U.S. woman to a participant in a promotional seminar in London.

It has sparked a debate in Britain about the ethics of an event that many said violated the spirit, if not the letter, of a European Union law forbidding fer-

tile women from being paid for their eggs.

Egg donors in the U.K. cannot be compensated more than \$384 U.S.

The rule limits donors and makes it difficult for infertile women to obtain eggs in the U.K. and much of Europe.

It is not illegal for Europeans to pay for eggs overseas and infertile European women seeking eggs have

"There's something shocking in the association of a raffle and giving away a human product."

Dr. Françoise Shenfield

travelled to the U.S. or other countries seeking eggs.

The Virginia-based Genetics and IVF Institute

held a free seminar for British couples last night and said one randomly chosen participant would win donor eggs.

"There's something shocking in the association of a raffle and giving away a human product," said Dr. Françoise Shenfield, a fertility and medical ethics expert at University College London.

THE ASSOCIATED PRESS

News in brief

ATTACK An Alaska wildlife veterinarian will examine whether two wolves shot by officials this week were the animals that killed a teacher out jogging alone along a rural village road. The wolves, which were shot from a helicopter, matched the descriptions of wolves seen where 32-year-old special-education teacher Candice Berner was attacked near Chignik Lake on the Alaska Peninsula.

THE ASSOCIATED PRESS



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Group claims rare cheetah sighting

Scientists saw cheetahs in southern Angola for the first time in three decades, a conservation group said yesterday. **THE ASSOCIATED PRESS**

world 7

Taliban launches fear campaign

A month after losing control of their southern base in Marjah, the Taliban have begun to fight back, launching a campaign of assassination and intimidation to frighten people from supporting the U.S. and its Afghan allies.

At least one alleged government sympathizer has been beheaded. There are rumours that others have been killed. Marjah residents awake to letters posted on their doors warning against helping the troops.

Winning public support in this former Taliban stronghold in Helmand

How many?

• There are no firm figures on how many Taliban are left in Marjah. Marine and Afghan military officials say they believe most of those still here are from the area and that the foreign fighters have fled.

province, 580 kilometres southwest of Kabul, is considered essential to preventing insurgents from returning. U.S., Afghan and NATO troops captured the town in a three-week assault that began Feb. 13.

The Marjah operation will be a model for campaigns elsewhere, including one expected by summer to secure villages around Kandahar, the Taliban's spiritual birthplace and the largest city in the south.

Military commanders believe the Taliban campaign is achieving some success because of questions raised at town meetings: Do the U.S. forces want to shut down the mosques and ban prayer? Will they use look-out posts on their bases to ogle women? Are they going to take farmers' land away? **THE ASSOCIATED PRESS**

News in brief

TERROR CHARGES A Pakistani court charged five young Americans yesterday with planning terrorist attacks in the South Asian country and conspiring to wage war against nations allied with Pakistan, their defence lawyer said. The men — all Muslims from the Washington suburb of Alexan-

dria, Virginia — pleaded not guilty to a total of five charges, the most severe of which carries a maximum sentence of life in prison, defence lawyer Hasan Dastagir told The Associated Press.

SHINAWATRA Former Thai Prime Minister Thaksin Shinawatra, whose supporters

are protesting in Bangkok, has arrived in Montenegro, the tiny Balkan state's police said yesterday. Thaksin is a billionaire businessman who fled Thailand in 2008 ahead of a conviction on a conflict of interest charge for which he was sentenced to two years in jail. **THE ASSOCIATED PRESS**



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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

There's no we in iPod

Relating

Steve
Collins

metronews.ca/collins

After more than a half-century of worries, warnings and studies about what our media habits are doing to us and our relationships, FCC chairman Newton Minnow's famous 1961 condemnation of the "vast wasteland" of network TV seems somehow quaint.

The TVs, computers and hand-held screens have since multiplied, enabling us to ignore each other any time and any place. Will we someday envy old-fashioned families who at least used to zone out in front of the same TV screen together, even as

the Cassandra of the day prophesied looming social apocalypse?

The dire warnings, now a tradition unto themselves, continue. TV is making us dumb, lazy and distractible. This month's issue of the Archives of Pediatric and Adolescent Medicine draws a direct link between the amount of time kids spend in front of their screens and the difficulty they have relating to real people.

Other studies have pointed to bedroom TVs as a cancer on relationships, eliminating family meals and interaction and short-circuiting the sex lives of couples. The more we let the machines into our lives, we're told, the less room there is for people.

Many nights, the denizens of my own apartment (occupancy goes up and down) are firmly sealed in their own bubbles of laptop, iPod and TV, often in combination. Conversation is admittedly sporadic, but the teenagers, as far as I can see, have so far failed to completely degenerate into anti-social blobs.

Paradoxically, even as they seem unaware of each others' presence in the same room, they are often interacting with each other online.

Just how much wholesome family interaction is enough? Sometimes at this age, shutting out one's family for a bit is an entirely desirable enterprise. I just had to do it with comparatively primitive tech-

nology like the Walkman. I wouldn't be surprised if bygone alarmists decried Gutenberg's printing press and the creeping effect of literacy on families, with kids' beads buried in books and other signs of complete societal breakdown.

The grownups in our household, I have to admit, can easily be as plugged in and tuned out as the kids. Many nights when it's just the two of us, we'll notice that we've each been clicking away on our computers and haven't passed a word between us in a couple of hours. We'll often take this as our cue to pull the plug, go out for a drink, sit facing each other and actually talk.

The time to worry is when you shut off all the screens, turn back to each other and find you have nothing to say.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

"The more we let the machines into our lives, we're told, the less room there is for people."

THIS COUNTRY IS TOO HOCKEY CRAZY.



MICHAEL DI ADORNI

Worth mentioning

Cadets to take over some cop duties in Winnipeg

Winnipeg is moving ahead with a plan for police cadets to take over some duties from officers to free them up for more important work.

The province has agreed to share the cost of training about 50 cadets by next year. Those cadets are to replace constables guarding crime scenes or doing crowd control on Canada Day. Police Chief Keith McCaskill says using cadets will take pressure off the strained police force.

"Cadets can do traffic duty," he said yesterday. "They can enforce provincial statutes. They can guard crime scenes ... they can look at guarding mental health patients. We have a lot of officers doing that, regularly taking them off the street."

The cadets will get about nine weeks of classroom

training and seven weeks of training in the field. They won't carry guns but will be equipped with batons and pepper spray. They won't have full powers of arrest and will start at \$12 per hour.

The cadet program had been in jeopardy as the city and province tussled over who should foot the bill. But Attorney General Andrew Swan said he's always liked the idea of training and using cadets.

Not only will they take pressure off uniformed officers, but the program could help recruit minorities who aren't as well-represented on the force, Swan suggested.

The city had estimated the cadet program could cost \$1.7 million annually, but Swan said the final price tag hasn't been calculated yet. **THE CANADIAN PRESS**

200

Winnipeg Mayor Sam Katz said the arrangement will put more officers on the street to fight crime. He hopes there will be as many as 200 cadets working down the road.

Views

Prom wars: Out of the mouths of babes

FourthWave

Canice
Leung

metronews.ca/fourthwave

By now you have probably heard about the Mississippi school that cancelled a prom rather than let Constance McMillen, a lesbian student, bring her girlfriend and wear a tuxedo. She asked permission to attend as a couple, but when the school board sent out a memo declaring all dates should be of the opposite sex, the American Civil Liberties Union stepped in and ... you can guess what happens next.

Lots of people, straight and gay, are outraged at the school's actions. I'll spare you all the protesta-

tion, since it goes without saying the school is in the wrong — oh, never mind, I'll tell you anyway: It can't deny a couple their coming-of-age ritual because they're gay. Though McMillen clearly understands the social significance of her fight — that's why she's suing, isn't it? — she also seems bored explaining the situation to camera crews, exasperated that trodding on gay rights still happens in the year 2010.

Young Americans collectively yawn at the mention — among the under-30 set, about 80 per cent believe same-sex marriage is a private decision — so for McMillen and her peers, it's silly trying to explain something that's accepted

fact. "For you to say that you can't bring someone of the same sex — well, for the gay people that means they can't bring their date," she told the Associated Press. "That's really not fair to the people that are gay." Like, duh.

What a world, in which a teenager makes more sense of what "constitutional rights and liberties" are than the adults charged with teaching her these things. At its core, that's what high school is: A series of life lessons on how to be punctual, polite, committed, ambitious, thoughtful and critical adults.

That's why McMillen sought permission from

Comments:
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her teachers, knowing what the outcome might be even before she asked. That's how adults deal with life, right? By talking through their differences and confronting tough situations rather than avoiding them, by, say, cancelling a prom like a socially awkward teenager. Despite feeling guilty that she'd ruined everyone's year-end celebration, McMillen stoically returned to school, still proud of who she is.

She and her girlfriend are examples that courage and maturity can come at any age, and that students aren't the only ones who should learn a thing or two in high school. Like the saying goes, out of the mouths of babes ...

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

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Vancouver-based telecom company Telus Corp. said yesterday it will invest \$650 million to increase both the speed and coverage areas for its current wireless and land-based services in Alberta this year. **THE CANADIAN PRESS**

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Facebook is expected to add geotagging soon.

Geotagging raises concerns

As if knowing what your friend had for lunch wasn't enough, now you can see where she was eating it as well.

An increasing number of websites and social networking services are adopting geotagging, allowing users to include

their exact location when they update their status or upload a photo.

But privacy experts warn there are dangers in haphazardly broadcasting your location to the world.

Tamir Israel, a staff lawyer at the Canadian Internet Policy and Public In-

terest Clinic, says users shouldn't use these services without first thinking about the privacy implications of telling anyone with an Internet connection where they are and where they've been.

Geotagging is fuelling the same debate about pri-

vacy that sites like MySpace and Facebook helped generate. Canada's privacy commissioner, who forced Facebook to make changes to its privacy policies, is already examining geotagging, says Israel.

THE CANADIAN PRESS

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Blockbuster nearing bankruptcy

BLOCKBUSTER Shares of Blockbuster Inc. sank 30 per cent yesterday after the video rental chain warned that it may have to file for Chapter 11 bankruptcy pro-

tection in the U.S. Competition from DVD-by-mail company Netflix Inc. and DVD vending machines operated by Coinstar Inc. have eroded the Dallas-

based company's revenue even as it staggers under a heavy debt load.

THE ASSOCIATED PRESS

Transcontinental profit increases

PUBLISHING Transcontinental Inc. swung to a profit in the first quarter despite lower revenues as it confirmed it will receive more than \$100 million US in net proceeds from the sale of its U.S. direct mail business.

The Montreal-based company earned \$27.9 million during the period ended Jan. 31, reversing a year-ago \$6.4-million loss after realizing the benefits of a cost-cutting program.

The major publisher and printer said its net earnings amounted to 32 cents per share, versus a loss of eight cents per share in the same period a year before. Adjusted profit, stripping out one-time items, was \$25.3 million versus a year-earlier \$15.1 million.

Revenues were down 11 per cent to \$559.3 million.

THE CANADIAN PRESS

Compensation CEO gets more



Johnson & Johnson gave its chief executive officer, William Johnson, 61, an 11 per cent increase in compensation in 2009, to \$25.5 million, according to Associated Press calculations, even though the health-care products giant cut thousands of jobs and saw its annual revenue decline. In November, Johnson & Johnson announced plans to eliminate about 8,000 jobs. But the company's stock performed well last year, rising 7.7 per cent.

Noveko to supply Montreal hospital

HEALTH CARE A subsidiary of Noveko International Inc. has signed an agreement to supply Montreal's Jewish General Hospital with antimicrobial filtration technology under a 30-month maintenance contract.

The Montreal-based company said yesterday it will equip one of the hospital's pavilions with the filter. Both the delivery and upkeep will be managed by its Epurair Inc. division. Financial terms were not disclosed.

Business in brief

ENERGY Oil prices topped \$82 US a barrel yesterday after crude inventories grew less than expected last week, and the stock market rose on the Fed's promise to keep interest rates at record lows.

Benchmark crude for April delivery was up 51 cents to \$82.21 a barrel on the New York Mercantile Exchange. The U.S. Energy Information Administration said crude inventories rose last week by a million barrels to 344 million barrels.

APPAREL Nike Inc. said yesterday that stronger sales helped boost the athletic shoe and clothing company's third-quarter profit. Nike reported after the market closed that it earned \$496 million, or \$1.01 per share, for the quarter. That's more than double the \$244 million, or 50 cents per share, it reported for the same period a year earlier.

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Renault and Nissan open joint car factory

Renault SA and Nissan Motor Co. inaugurated their first joint car factory in Chennai, southern India yesterday, part of a \$990-million US joint investment that will produce up to 400,000 vehicles a year by 2015. **METRO NEWS SERVICES**

China's growth may go higher

The World Bank raised its China growth forecast this year to 9.5 per cent from nine per cent yesterday, but said Beijing needs to cool inflation and bubbles in real estate prices.

Premier Wen Jiabao warned Sunday that inflation will be a key challenge as the Chinese government tries to keep a recovery on track. Inflation rose to 2.7 per cent in February, near the government's official cap of three per cent for the year.

"China's macro stance needs to be tighter than it was in 2009," World Bank economist Louis Kuijs told a news conference where the bank released a quarterly report on Chinese economic conditions.

Analysts expect Beijing to raise interest rates soon as it eases off its stimulus after growth rebounded to 10.7 per cent in the final quarter of 2009. But authorities say easy credit will continue because of an uncertain global outlook.

Inflation "is on course to be significant" and the gov-

ernment also needs to control the risk of a bubble in real estate prices, the World Bank said.

"Inflation will not be taking off in a major way, but we do observe other macro economic risks that are in part an outcome of the stimulus," Kuijs said. He cited rapid rises in real estate prices and growing debt for the investment arms of local governments. A deputy central bank government warned last week that local governments could cause problems for Chinese banks if financing platforms set up to invest in real estate and infrastructure projects cannot repay their heavy borrowing.

Still, the bank gave an upbeat overall outlook for 2010, saying trade and household consumption should grow strongly as the stimulus winds down.

"We feel comfortable upgrading our forecast, and we now foresee about 9.5 per cent GDP growth this year," Kuijs said.

THE ASSOCIATED PRESS

Petrobank profits doubled to \$57.1M, 2009 earnings dropped 40 per cent

OIL Petrobank Energy Ltd., whose patented heavy oil extraction technology recently reached a major milestone, says its profits doubled in the last three months of 2009 compared with a year earlier.

Fourth-quarter net earnings were \$57.1 million, or 56 cents per diluted share — compared with year-earlier profits of \$28.1 million, or 34 cents per share.

THE CANADIAN PRESS

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Barrick Gold mine cave-in suspends operations

GOLD A unit of Canadian mining giant Barrick Gold Corp., has suspended operations at a mine in Tanzania after three workers were killed in a cave-in.

The tragedy comes a week before shares in the spin-off company are ex-

pected to begin trading on the London Stock Exchange.

African Barrick Gold said the workers died when part of the Bulyanhulu mine — which employs 1,445 workers and is a major employer in the central

East African country — collapsed on Tuesday.

The company is investigating the cause of the collapse, and will keep the area of the rock fall closed until the "incident has been investigated, the cause understood and any

appropriate action taken," Barrick said. Operations at the mine will be suspended today for a period of mourning for Dickson Kadelema, Vedastus Wilfred Tandise and Joel M. Nicholas who were killed.

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Lauren Woolstencroft has her second gold medal of the Paralympic Games. The 28-year-old alpine skier from North Vancouver, B.C., won the women's standing giant slalom by more than seven seconds yesterday. **THE CANADIAN PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Texas manager offers apologies for drug use

BASEBALL Texas Rangers manager Ron Washington admitted he made a "huge mistake" when he used cocaine and failed a Major League Baseball drug test last season.

In his first public admission, he apologized yesterday for his behaviour, eight months after he told Rangers president Nolan Ryan, who turned down Washington's offer to resign.

"I made a huge mistake and it almost caused me to lose everything I have worked for all of my life," Washington said at a news conference yesterday. "I am not here to make excuses. There are none."

Washington said he used cocaine only once and called it "stupid" and

"shameful."

The failed test was first reported by SI.com.

Washington said he told the commissioner's office and Rangers officials about using cocaine before he had a routine drug test.

"He came forward and said he would resign," Ryan said.

"He understood the consequences. We had a lot of discussions and a lot of soul searching on it."

THE ASSOCIATED PRESS



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Flames get crucial win

Victory over Colorado keeps Calgary in playoff race

NHL RESULTS

Flames 3 Avalanche 2



Rene Bourque scored two goals, Vesa Toskala made 32 saves and the Calgary Flames beat the Colorado Avalanche 3-2 last night to keep pace in the Western Conference playoff race.

Eric Nystrom also scored for the Flames, who are in ninth place with 79 points, one point behind idle Detroit for the final post-season spot with 12 games left.

Chris Durno and Milan Hejduk scored and Craig Anderson had 31 saves for Colorado, which had won three straight. The Avalanche missed an opportunity to pull within a point of idle Vancouver in the Northwest Division and are fifth in the conference with 12 games remaining.

Colorado had won six in a row against Calgary dating back to last season, but the Flames quickly took control of Wednesday's game. Bourque got them rolling when he scored a short-handed goal on a breakaway 3:12 into the first period, and Nystrom made it 2-0 4:21 later with a shot from the slot. Bourque made it 3-0 with his 22nd goal early in the second period.

Toskala, acquired from Anaheim on March 3, kept the Avalanche off the



Calgary Flames left winger Rene Bourque celebrates scoring a goal with center Matt Stajan as Colorado Avalanche goalie Craig Anderson looks on last night in Denver.

board until late in the period. He stopped Durno on a breakaway with 7:34 left in the second, but the rookie got revenge more than a minute later.

Matt Hendricks skated around the back of the net

and fired a shot from the left circle that went off Toskala's shoulder. The puck was loose in the crease before Durno tipped it inside the post with 6:16 left in the second.

The goal was reviewed but held up.

With Anderson pulled for an extra attacker, Hejduk scored his 20th goal of the season with 33 seconds left.

THE ASSOCIATED PRESS

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Phil. 108 N. Jersey 97 Boston 109 New York 97 Orlando 110 S. Antonio 84 Dallas 113 Chicago 106 Houston 107 Memphis	94 Utah 122 Minnesota 100 N. Orleans at Golden State Milwaukee at L.A. Clippers
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Sports in brief

SOCCER Lionel Messi scored twice yesterday to lead defending champion Barcelona to a 4-0 victory over Stuttgart and into the Champions League quarter-finals. Barcelona won 5-1 on aggregate to ensure Spain has one team in the last eight with Real Madrid and Sevilla having been knocked out.

NFL NFL owners will vote next week whether to allow each team a possession in overtime in the playoffs if the team winning the OT coin toss kicks a field goal on the first series.

THE ASSOCIATED PRESS

Thursday, March 18, 2010

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Design nightmare to decor dream

DecorMoment



metronews.ca/decomoment

To a movie buff, a flat screen television can be a beautiful thing; But to a decorator it can be their worst nightmare. Trying to incorporate a TV into a room (especially a small space) can be difficult as it is instantly made the focal point of a room.

If you must live with your television front and centre like I do, then there are a few designer rules to follow:

Incorporating a black television into your decor scheme: If the black television is the only black object in the room, then it will stand out like a sore thumb. I suggest adding a few other dark-toned decorative items to the room, like black picture frames, curtain rods, lampshades or small furnishings. The more black that get added around the room, the less obvious our flat screens will be.

Choose the right size television for the room: The screen should be a comfortable distance for viewing. You should sit eight to nine feet away from a 32" screen, 10 to 12 feet away from a 42" screen, 13 to 14 feet away from a 50" screen. Purchase a flat

screen television that reflects the size of the room, not your ego, boys!

Hanging the television at regular picture height is too high: The middle of the television screen should be between 42-52 inches from the floor as opposed to artwork, which should be hung at 66 inches (from floor to middle). If you hang your television higher, then you will require an angle bracket to tilt the television to your eye level.

Don't compete with the fireplace: The television should be three to eight inches above the mantel (this rule is the same as if you were hanging a painting or mirror over a mantel too). For good proportion,

the television should be approximately 3/4 the width of the mantel. Anything smaller will look puny and anything larger will overshadow the fireplace.

TV stand favourites:

The **Vista pedestal** from CasaLife (casalife.com, \$850) turns your flat screen into a modern sculpture. Perfect for small spaces or placing a television in front of window.

The **Country Pine Console** from Sears (sears.ca, \$480) is a long, low pine cupboard which will house your television, but also offers up a ton of storage. It will add casual country charm to a room and the extra storage is great.

Designer Tip

The wall that the flat screen hangs on is the perfect wall to paint a focal paint colour. Deep-toned colours like charcoal grey or chocolate brown will help to create less contrast between the black television and the wall, making the television visually disappear in the room. Dark colours also add drama to the room.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM



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Thursday, March 18, 2010

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Designer Suzanne Kasler brings the outdoors in through industrial-sash doors. The room serves as a retreat for the owners to work and as a great entertaining space, it also features a lot of white.

Go bright with white this coming spring

When interior designer Betsy Burnham redecorated her office recently, she made a decision that surprised her staff: She focused on the colour white. White walls, white ceilings, white furniture, even white chandeliers.

"I'm a huge colour fanatic," she says, "but I just think white makes colour pop so beautifully."

Her favourite colourful accessories "never looked as good" as they do now against a white backdrop. "White is crisp, it's young and it's really flexible."

Decorating with white can be intimidating. But, says designer Brian Patrick Flynn of decorademon.com, "used correctly, white lets other things truly work as the breakout stars."

Yes, there are potential pitfalls in working with white (you're probably envisioning red wine spilled on a white sofa). But it can — honestly — be a versatile and practical option.

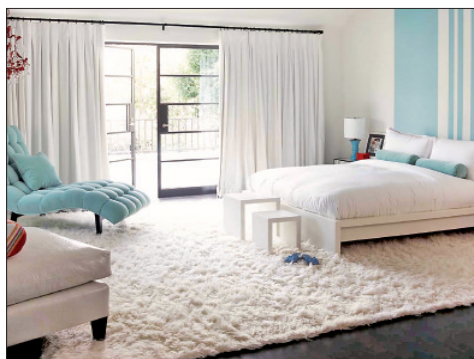
WHY WHITE WORKS

"White is a trick designers use to modernize things," says Flynn. Traditional pieces of furniture and scuffed wooden floors are revitalized by white paint. Their imperfections are transformed into appealing texture.

Designer Taniya Nayak, host of HGTV's Destination Design and HGTV.com's \$100 Half Day Design series, loves spray-painting old picture frames and mirrors a glossy white.

"It instantly gives them a fresh, mod look," she says.

The backdrop of a white floor and walls makes familiar furniture, window treatments and accessories stand out in a new way.



This photo released by Burnham Design shows a bedroom in white.

"You want it to be livable, not like Liquid Paper. If there's too much blue in it, it's just going to be blinding."

Betsy Burnham

White can feel traditional when paired with ornate pieces, or utterly modern with streamlined furniture and chrome.

"White can also kind of work as a mediator," Flynn says. "Just like bringing in a marriage counsellor, white will work as a mediator between soft and loud colours. You can use it to work as a bridge between two colours."

HOW TO APPROACH IT

Flynn loves doing white walls and furniture with bold colour on the ceiling, in accessories and in the interiors of bookcases.

Nayak recently created a nautical look for her HGTV series that pairs white furniture, ceilings and columns with dramatic navy-blue walls and splashes of yellow.

If you prefer something preppier, she says, try

white and navy with a bit of bright green. (Other colour combos she likes: Rooms done entirely in black and white, or white with grey and chartreuse accents.)

If you have a room with large windows, you'll make the view more of a focal point by doing a very white room. "The view becomes your art," says Nayak.

TREADING CAREFULLY

Choose your shades of white carefully.

"You want it to be livable, not like Liquid Paper," Burnham says. "If there's too much blue in it, it's just going to be blinding."

Some whites are warm, with a slightly yellow undertone, while others have a cool tinge. There are also greenish whites, purplish whites and many other varieties.

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Time to start thinking about your garden

HomeScape

Sylvia Putz

metronews.ca/homescape

If you're a gardener or planning on landscaping this spring, be prepared to take a nature-friendly approach (if you haven't done so already).

Here are some of the nature-oriented landscaping and gardening trends that have become increasingly more evident over the last few years, and will be noticeably stronger this spring.

- **Lawns:** Lawns going, going, gone? Grass is becoming less popular because it's not an environmentally friendly option, since it sucks back a lot of water, requires cutting (usually with a gas-powered lawnmower), and the occasional dosing of fertilizer or bug killer.
- **Forest look:** Natural-looking plantings are in, so the yard looks like a meadow, or a forest floor. Manicured gardens and lawns are out.
- **Local:** Native plants and shrubs are appearing, rather than non-native plants that require extra watering, pest control and other ministrations. Low-maintenance flowers and other plants that grow without any help from us in local meadows and fields



Mulch and vegetation gardening are coming back in a big way.

are appearing in gardens.

- **Decks and patios:** To enjoy natural settings, decks or patios are a must. Natural stone pavers are appearing more often, with sand between them, to encourage drainage. Porous pavers are also appearing on the market, with the goal of allowing rainwater to soak into the soil. And don't forget the substantial, durable and comfortable outdoor furniture.
- **Growing food:** Vegetable gardens are coming back with a vengeance. Rising food prices have made them more popular, as well

as a wish to eat fresh organic foods.

- **Pests:** Some of the old-fashioned pest control methods that use spices such as cayenne, citrus oil or crushed mint are making a comeback. (There are a ton of natural pest control solutions on the internet.)

- **Mulch:** Mulch is big. It's a natural way to keep the soil around plants cool, damp, and it inhibits the growth of weeds.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Reno solutions on a budget

RENOVATING Creating a stylish and appealing kitchen doesn't mean you have to blow the bank. Great looking upgrades and stylish design can be more affordable than you'd think.

Here are five design secrets that will help you achieve an affordable kitchen upgrade:

- **Update the look of your cabinets:** A fresh coat of paint or a new colour on your cabinets can transform a kitchen — giving it a completely fresh look and feel. Some hot colours for 2010 include, ultra-chic red, mint greens, electric blues and cool grays.
- **Tip:** When painting wood cabinets, choose an oil-based enamel paint for a longer-lasting finish that is easy to clean.
- **Go from boring back-**

splash to bistro-chic: Upgrade a backsplash with a few coats of chalkboard paint. This usable chalkboard surface is a playful and interactive way to add personal flare to a kitchen.

- **Tip:** Chalkboard paint comes in a variety of colours that can fit any kitchen palette.
- **Make the switch to stainless:** A suite of stainless steel appliances is a great way to increase the value of your kitchen — not to mention transforming the overall style. For example, Amana offers sleek, stylish and affordably priced appliance solutions. In fact, for less than \$2,000 you can purchase an entire Amana kitchen suite.
- **Tip:** Look for true stainless steel when upgrading appliances — watch out for

wannabes.

- **Showcase personal treasures:** Try framing recipes from a favourite cookbook or cooking photos you have taken in the past — this will transform the kitchen from a functional space to one with individual style.
- **Tip:** You can find affordable art anywhere.
- **Freshen up:** Adding a punch of colour and the aroma of flowers or herbs in the kitchen brings the space to life. Freshly cut or potted flowers brighten a kitchen and make the space welcoming.
- **Tip:** Use old water jugs or mason jars as vases for added personal flare.

More affordable kitchen solutions can be found online at Amanacanada.ca.

NEWS CANADA

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More online
For more real estate and decor news, see Metronews.ca.

How to pay for your home reno

RICHARD WOODBURY
for Metro Canada



When considering how to finance home renovations, the first step should be to get some sound financial advice.

"Any person considering doing a renovation, talk to your bank, talk to your financial institution or whoever you're dealing with," says Craig Bannon, the manager of mortgage specialists for the metro Halifax area with RBC. "Or if you're not dealing with anybody, go find somebody because of all the different options. I think it's important to sit down and get some advice."

Bannon says choosing the right financing option depends on factors such as the cost of the renovations and how much equity people have in their homes.

For smaller renovations, Bannon says people might just use a credit card because of convenience and potential loyalty reward points. Credit cards have



For small projects a credit card might be your best option for financing your renovation.

higher interest rates (usually between 10 and 20 per cent) so they're "not a long

term borrowing solution," says Bannon.

For larger renovations,

getting a line of credit or a home equity line of credit (HELOC) are possibilities as

"No matter what interest rate term you pick now, you're going to beat the 25-year average handsomely."

Barry Rathburn on the benefits of refinancing your home for a reno

well. The biggest difference between the two is the HELOC is secured by the value of one's home, which also means it has lower interest rates.

A HELOC can finance up to 80 per cent of the value of one's home, but it's a little more complicated to make purchases with it.

"The only disadvantage I can think of would be you can't actually go into a store and pay for something with it, but ... you can either use your debit card or credit card and just transfer your money over," says Bannon.

Another borrowing option is to refinance one's

mortgage, which can usually be done up to 90 per cent of the value of a home. One of the advantages with this is there is a lot of flexibility involved, such as choosing variable or fixed rate mortgages and selecting different term lengths.

The timing is also very appealing.

"No matter what interest rate term you pick now, you're going to beat the 25-year average handsomely," says Barry Rathburn, a mobile mortgage specialist with TD Canada Trust in the mid-Vancouver Island area.

He also recommends people look into the incentives available for energy efficient renovations.

"The energy efficiency not only saves you money in the long run, but there are incentives from the federal government, provincial governments, municipal governments in some cases and financing industry to help you offset the cost of your energy efficiency upgrades," says Rathburn.



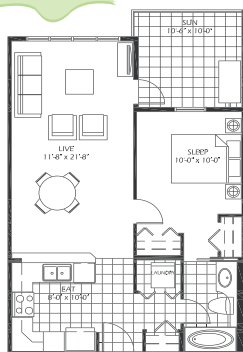
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Consider composite for reno

For homeowners, granite is a favourite for countertops, flooring, backsplashes and fireplace hearths.

However, there is a difference between natural granite — made from an actual slab of natural stone — and composite granite materials. Composites include a combination of natural and manmade material and that gives them an edge over natural stone when it comes to durability, performance and hygiene.

Popular on the market today are kitchen sinks made of "granite composite" material. Canada's leading brand is Silgranit, made by German sink manufacturer Blanco.

Made of 80 per cent natural granite, Silgranit also has a patented formulation of acrylic and ceramic microbeads that make it non-porous, scratch-proof and stain resistant. The sinks come in seven natural colours and the company makes matching coloured faucets for easy coordination.

"Silgranit is a patented material that is unique in the marketplace and so durable, it can last the lifetime of a person's home without chipping or scratching," says Alexandra Marshall, marketing director with Blanco.



Composite granite is a mixture of natural and man-made materials.

"Both our formulation and manufacturing process is patented so there is nothing else out there that is comparable in terms of performance."

This also makes it far more durable than the more common stainless steel sink, which can scratch, and also more durable than other sink materials like cast iron or acrylic. It is also hygienic and approved to food-safety regulations. Unlike natural granite used for countertops, bacteria cannot

grow on its surface.

"It's important to know that a composite material, being manmade, will not be the same from one manufacturer to another," adds Ms. Marshall. "With Silgranit, for example, you can put a hot pot straight from the stove into the sink and it will resist the heat. While another manufacturer warns against this for their granite composite sink brand which will crack in the same circumstances."

NEWS CANADA

With a natural-looking ... basket-weave design, the eco-friendly Enviroblend Planter is manufactured from 55 per cent recycled plastics and 44 per cent natural materials. Canadian Tire, \$16.99, canadiantire.ca. JENNIFER BILL/FOR METRO CANADA



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Homes in Style

To create this regal, papier mache animal head, the *Zebra Savannah Story Bust* is made of layers of repurposed cement bags, covered with vintage French book pages. Anthropologie, \$78, anthropologie.com.



Reduce, Reuse, ReStyle

JENNIFER BILL
for Metro Canada

Who says going green can't be gorgeous?

Incorporating sustainable materials into your home's design can make for attractive interiors that take it easy on the environment.

With the green movement continuing to grow and increasing emphasis on eco-friendly products, seeking design elements that use recycled products, redoing existing pieces and consignment shopping is all the rage.

"Companies are offering more products that have that designer look and feel to it and have that eco-friendly feel," says Marc Atiyolil, editor in chief of Canadian Home Trends magazine. "I think it's quite different from what it was 10 years ago. When you said eco-friendly and green, consumers

thought ... a back to nature look.

"I'm seeing companies being more innovative and coming up with more designer looks with recycled products."

Many stores today are showing one-of-a-kind eco-friendly art designs from such reusable items as newspapers, magazines, or discarded bottles — meaning less rubbish for the landfill. Atiyolil, whose next issue focuses on green decorating, says many are turning to consignment stores to modify existing pieces. Case in point: Grandma's traditional chair — it might not fit into one's decor, but change around the outdated fabric, reupholster and repaint, and a new piece is born.

"You still have family memorabilia but it now goes in a trendy space ... instead of in your basement with a cover over it," he said.

The *Time And Again Bird House, Red Pagoda* (\$78), is a home for the environmentally conscious flock, handmade from recycled wood and tins. Use it indoors as a quirky adornment or outside as a bona-fide shelter. Anthropologie, \$78, anthropologie.com.



The *Grey Cabin* (\$68) is made from recycled tins. Anthropologie, \$78, anthropologie.com.



This contemporary, *Multy Home ash grey doormat* is made from recycled rubber with nylon flock. Canadian Tire, \$16.99, canadiantire.ca.



Found objects, trinkets and cast-offs revel in their new role as exuberant participants in the *Magpie Chandelier*. Each is a bespoke creation crafted by hand of reclaimed materials — recycled plastic, galvanized wire and string. This celebratory fixture was created by the members of the Magpie Art Collective and handmade in South Africa. Anthropologie, \$5,000, anthropologie.com.



Light up a room or showcase a favourite object with the *Bell Jar Table Lamp*. The lamp is topped with a textured cotton shade, with a dome display base of hand-blown, clear recycled bubble-glass. West Elm, \$149, westelm.com.



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Alberta Fashion Week begins Sunday (until March 27) at the BR& at the Banke. Designers will include Jason Matio, Andrew Majtenyl and Holly Allen. For more information, visit albertafashionweek.ca. **METRO NEWS SERVICES**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



The outdoorsy type

Men are looking to reconnect with nature and embrace their inner athlete this season with sports wear and casual chic looks on the runway. One of the most important ways for men to stay on top of their game is with that key accessory: A watch. Guess' latest Spring 2010 collection embodies this style, offering function and sporty durability. Pictured: Guess yellow band watch, \$280, far left, and Guess brown leather band watch, \$115, left.

METRO NEWS SERVICE

Cuckoo for clogs

The iconic '70s shoe is back on runways and on the street

HEATHER BUCHAN/FOR METRO NEWS SERVICES



Studded clog, \$59, Joe Fresh

Peep toe flower-print and beige Stuart Weitzman clogs, \$385 each, available at Holt Renfrew

Prada clog, right, \$730, available at Holt Renfrew

Tory Burch clog, right, \$300, available at Holt Renfrew



Lace clogs, \$125, Aldo.



Camilla Skovgaard clog, above, \$795, available at Holt Renfrew

Right: A model wears clogs as part of Chanel's spring/summer 2010 ready-to-wear fashion collection.



JACQUES BRUNO/THE ASSOCIATED PRESS

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(\$120, at La Maison
Simons, simons.ca)

Rayon pleated
skirt, Miss Sixty
(\$129, info@six-
tycanada.com)

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ellecanada.com

ian McKellan has revealed that filming for The Hobbit will finally get underway in June. The actor, who took on the role of Gandalf in The Lord of the Rings trilogy, posted on his website that filming will begin in the summer. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

★★★★ A CLASSIC; ★★★★★ EXCELLENT; ★★★ GOOD; ★★ FAIR; ★ POOR

Conan film

Conan O'Brien is in early talks to film a documentary of his 30-city Legally Prohibited From Being Funny on Television Tour, reports Deadline's Mike Fleming.

EW.COM

White Stripes conquer Canada

The White Stripes

Album: Under Great White Northern Lights **Label:** Warner
Rating: ★★★★★

IF CANADIANS NEED another reason to feel pride post-Olympics,



they should pick up The White Stripes' new DVD/CD chronicling the group's extensive 2007 Canadian tour. The CD, which can be bought separately, is where the musical meat resides. This disc is amazing to listen to — Jack White gives a shout out to Yellowknife, brings up his cousin on a Cape Breton stage during the song Prickly Thorn, but Sweetly Worn to play bagpipes — and it's a treat simply to know this was recorded on Canadian soil. The disc covers the Stripes' entire catalogue, and they do it well, with all their gritty, intense rock on full display.

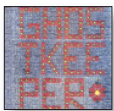
Bryan Borzykowski/for Metro Canada

Ghostkeeper

Album: Ghostkeeper
Label: Flemish Eye
Rating: ★★★★★

RECORDED IN

A number of public and private spaces and then stitched together as a sound collage, Ghostkeeper's second al-



bum is more like a warm, itchy quilt than any sort of Frankenstein monster. Built of Shane Ghostkeeper's varied and sporadic influences, the songs jump back and forth between an off-kilter, folk songwriting style, rickety bursts of indie rock, swampy blues-guitar tangents and a surprising amount of concord between the unpredictable instruments, Shane's whiskey-soaked croak and Sarah Houle's recurring, feverish moan. The album's capricious movements tends to reach overwhelming levels at points, but it's this loose cannon mentality that gives these Albertans their distinction from virtually every other band out there.

Cam Lindsay/for Metro Canada

Crash Karma

Album: Crash Karma
Label: E1 Entertainment
Rating: ★★

IF YOU

DIDN'T

know it,

the '90s

are back.

And to

prove it,

Edwin's

teamed up with OLP's

Mike Turner, Tea Par-

ty's Jeff Burrows

and Zygote's Amir

Epstein to bring

back all the

sounds we

haven't missed.

This album is

exactly what



Under Great White Northern Lights details The White Stripes' extensive 2007 tour of Canada.

you think — classic mid-'90s Can Rock, complete with Edwin's over wrought vocals and Turner's fancy, crunchy riffs. It's hard not to want to listen to this in your childhood bedroom, but we're not kids anymore. It's a bland, unimaginative record with sounds that don't stand the test of time.

Bryan Borzykowski/for Metro Canada

The Whigs

Album: In The Dark
Label: ATO/MapleMusic
Rating: ★★½

HERE'S A PIECE of advice for all the bands out there — don't go on tour with Kings of Leon. Until the

Athens-based trio The Whigs hit the road with the Followill



clan the group expertly delivered Replacements-meets-Pixies sounds. The band has gotten brasher, more streamlined and, well, more Kings. It's becoming harder to differentiate the group from all the other rock bands out there, though it's not all a lost cause —

Kill Me Carolyn is a frenetic, engaging riff rocker that'll remind you why you got into the band in the first place.

Bryan Borzykowski/for Metro Canada

Elizabeth Shepherd

Album: Heavy Falls The Night
Label: Right On Media
Rating: ★★½

STRIVING FOR ECLECTICISM, Toronto-based singer/song-



writer/pianist Elizabeth Shepherd incorporates many genres and moods into tertiary full-length Heavy Falls The Night. From the plinky keyboard and jazzy feel of High through What Else with its '70s singer in a beatnik cafe aura to the simplistic rendition of Anne Murray's lilting Danny's Song, there's no lack of diversity. Still, while each track is performed brilliantly and Shepherd's voice is velvety-smooth, the plethora of styles explored would have greater impact were they divided up in bigger chunks: by album, not track. The overall lack of a unifying foundation winds up making Heavy Falls The Night interesting but more esoteric than multifarious.

Keith Carman/for Metro Canada

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Summit scaling new peak for final Twilight

Sources say studio Summit is trying to up its pedigree for its big-screen adaptation of the final instalment of Stephenie Meyer's Twilight series; reaching out to top-notch directors, including Sofia Coppola, Gus Van Sant, and Bill Condon. EW.COM

Mikkelsen in the cards

Bond villain defying gods in Clash of The Titans

SZONJA KREZINGER
Metro World News



To film fans, Danish actor Mads Mikkelsen will always be Bond villain Le Chiffre — who blew the multi-million dollar poker game in Casino Royale. But in real life the 44-year-old actor is actually a rather good tournament level player. Metro caught up with him at a Unibet tournament in Hungary.

Q Your new movie, Clash of The Titans, is ready for release — what's it like?

A There was an original version made back in 1981 but I never saw it. I think Gods, especially Greek and Nordic Gods, are like us. They have greed, jealousy, love, hate, not just a seat somewhere in the clouds. I play a soldier in the movie who hates the Gods.

Q Ralph Fiennes and



Mads Mikkelsen

Liam Neeson were in the movie too. How many scenes did you share with them?

A I had a scene with Ralph Fiennes but he was hanging up there in the air and I was on the ground... I saw Liam Neeson too, but I mainly worked with the soldiers, very good British and Irish actors.

Q Do you plan to keep acting for Danish cinema?

A Being Danish it is natural for me to act in Danish movies, and it is easier too.

Q When did you start playing poker?

A I've played poker for at least 25 years with family, friends, and enemies!

Q What do you enjoy about poker?

A That there are always new situations, things change, and you have to pay attention to everything. Poker is like mathematics, it has strict rules but once we understood them it is like football, you just have to go with the flow.

Q How does it feel like to play at a tournament?

A Much different from simply playing poker. It might last up to three hours and you have to pay attention and be really disciplined.

Q Did your poker skills play role in you getting the as Le Chiffre role?

A No, they chose me as they thought I was a good enough as actor to play the role. It was just a bonus that I play poker.

Q Did the Bond role help your career?

A Of course, a lot. It was fantastic, playing a Bond villain is really something. I was proud of myself and I liked the movie too.



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Who wants to play with new Toy Story?

FILM Play time is over for Woody the cowboy, Buzz Lightyear and friends.

Toy Story 3, which screened Tuesday for theatre owners attending their annual ShoWest convention, poses a new question for the gang from the 1995 hit that launched computer animation into the feature-film world: Is there life for a toy after your kid grows up?

"Come on, let's see how much we're going for on eBay," laments John Ratzenberger's Hamm the Piggy Bank as he and the other toys ponder a lonely future, with their owner, Andy, heading to college and leaving them behind.

Though the film is not yet finished, with much of the animation still in rough form, the screening provided a sneak peek for one of summer's most anticipated releases.

"The youngest kids who saw Toy Story and Toy Story 2 when they first came out are now kind of heading off to college. That's the position Andy's in, so it's very strange and nostalgic for people to see this character that is part of their childhood kind of growing up with them and facing the same life changes," said Toy Story 3 director Lee Unkrich, who was a film editor on Toy Story and co-director on Toy Story 2.

"For anyone who's had a transition in their life — heading off to college, parents sending their kids off to college, people getting out of college and heading off into the workforce.

"The youngest kids who saw Toy Story and Toy Story 2 when they first came out are now kind of heading off to college."

Toy Story 3 director Lee Unkrich

Those are major transitions. Our characters in their own way are dealing with similar transitions," Unkrich said in an interview after the screening.

For Andy's favourite playthings, Woody and Buzz (voiced again by Tom Hanks and Tim Allen), the transition threatens to end their long partnership as the toys argue over what steps would be best for their future.

Due in theatres June 18, Toy Story 3 also features returning voice cast members that include Joan Cusack, Don Rickles and Wallace Shawn. Among new voice co-stars are Whoopi Goldberg, Ned Beatty, Timothy Dalton and Michael Keaton.

Toy Story 3 is the 11th feature film from Disney-owned Pixar Animation, which recently won its latest Academy Award with last year's blockbuster Up. Pixar films have won five of the nine Oscars for feature-length animation since the category was added (the other winners are Finding Nemo, The Incredibles, Ratatouille and WALL-E).

THE ASSOCIATED PRESS



Toy Story 3 director Lee Unkrich, right, and producer Darla K. Anderson get ready for the film's preview in Las Vegas Tuesday.

Simpson finds out true meaning of Beauty

In The Price of Beauty, a new docu-reality series premiering Sunday on VH1, Jessica Simpson and her best friends, CaCee Cobb and hairstylist Ken Paves, travel the world learning the meaning of physical attractiveness as defined by various cultures — and find out blonde bombshell isn't the universal sex sym-

bol. Here are a few other things Simpson found out.

She could never be a runway model

"Going to Paris, I had to walk a runway with all of these tall, skinny models. And I almost puked, I was so nervous," Simpson admits. "I mean, I can walk a red carpet, but walking a

runway, I mean, I would be the first to fall on my face. And thank God, I didn't. But I was so nervous to walk out there and be judged, to just put myself out there like that, especially standing next to people that eat just salad."

Good looks are in the eye of the beholder — literally.

"Originally I thought of a

Moroccan woman living a repressed life, but after sitting and talking with these women, they're speaking to you through their eyes," Simpson says. "Their souls were just so intense and so beautiful. And, you know, it was all about their peace within and not what they look like on the outside.

AMBER RAY/METRO WORLD NEWS

Desperate Housewives star was in a nasty car accident yesterday, and the elderly gentleman he collided with had to be taken to the hospital. Shawn Pyfrom was driving in the San Fernando Valley at around 3:30 p.m. when his car collided with the man's bike. **TMZ.COM**

Celeb in car accident

TV Land rolls out first sitcom

When TV Land was launched in 1996, it was more than just another cable channel. It was a refuge where viewers could revisit old friends like *Beaver Cleaver*, the *Clampetts* and *Sheriff Andy Taylor*. It was a portal into a video past, a carefully tended landscape of idealized TV.

TV Land hasn't trampled on that landscape in the meantime. But, even so,

the neighbourhood has been spruced up through the years.

Consider *Hot in Cleveland*, a comedy series set for a June premiere. For the first time, TV Land is producing its own original sitcom. But *Hot* should fit right into the neighbourhood. It's funny, comfy and a true-blue reflection of the shows that surround it.

Filmed in the trusty

multicamera style, it stars a bevy of grand dames of classic comedies: Valerie Bertinelli (*One Day at a Time*), Jane Leeves (*Frasier*), Wendie Malick (*Just Shoot Me*) and the incomparable Betty White (*The Golden Girls*).

The premise is evergreen: Fabulous friends make an abrupt life change, cutting their Los Angeles roots to relocate in, of all places, Cleveland. Then laughs ensue (at least judging from a sneak peek at the pilot that will kick off the series' 10-episode season).

"All the other networks are looking to reinvent the comedy," says Keith Cox, TV Land's executive vice-president of development and original programming. "How do you step away from the traditional? What's the new thing?"

"We're embracing the good old traditional comedy — it just needs to feel contemporary, be really funny and have really great actors."

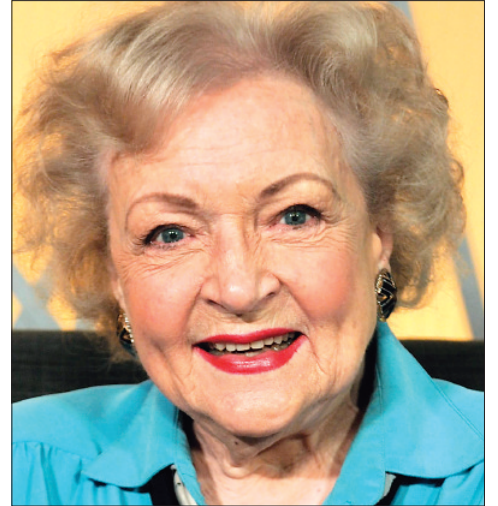
Keith Cox

But we're embracing the good old traditional comedy — it just needs to feel contemporary, be really funny and have really great actors."

TV Land has another sitcom in gestation. Retired at 35 hasn't gotten an official go-ahead, but don't bet against such an announcement soon, with a premiere sometime after October. Based on its pilot, *Retired* has its own easy feel, comfort factor and familiar faces (George Segal and Jessica Walter among them), and its own reservoir of laughs.

Meanwhile, TV Land has more scripts in development, with the goal of building a slate of original sitcoms in the seasons ahead.

"We're already out there in a very big way looking



Actress Betty White returns to TV with sitcom *Hot in Cleveland*.

for the next one," says TV Land president Larry W. Jones, though he adds, "Our agenda isn't just getting into original sitcoms."

TV Land, which began as a "classic TV" spinoff of Nickelodeon's *Nick at Nite* franchise, has already

been airing original programming. Since 2008, several unscripted series like *High School Reunion* and *Make My Day* have found their place on the schedule amid scripted oldies.

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CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
3/18/10	267	351	- ACCESS	Alberta Primetime (Live)	(8:01) Private Practice	FlashForward Mark must meet with a therapist. (N)	FlashForward Mark must meet with a therapist. (N)	FlashForward Mark must meet with a therapist. (N)	CSI: Crime Scene Investigat'n	CTV News		
	243	317	3 CFCN	etalk	Access H.	Flashpoint (DVS)	The Vampire Diaries	CSI: Crime Scene Investigat'n	CTV News			
	-	-	4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Coach		
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment The Insider (N)	FlashForward Mark must meet with a therapist. (N)			Private Pract.		
	245	306	6 CBRT	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)	Love, Hate and Propaganda	CBC News: The National		The Hour		
	244	338	7 CICT	ET Canada	Entertainment	90210 "Girl Fight" (N)	Bones (HDTV PA)	The Office (N)	Tucson	News Hour		
	246	-	8 CKAL	Law & Order: Special Victims	The Marriage Ref (N)	The Marriage Ref (N)	Community (N)	Parks/Recreat	On Purpose	30 Rock	EP Daily	
	119	705	9 CBFT	Virginie (SC)	Informan (SC)	Enquête (HDTV) (SC)	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles. (SC)		TJ Alberta		
	-	-	10 SHAW	(6) Local Programming					Local Programming			
	-	372	12 KREM	Basketball	College Basketball	NCAA Tournament, First Round: Teams TBA			Access H.	Paid Program	The Doctors	
prime time	-	374	14 KSPS	PBS NewsHour (N)		Great Scenic Railway Journeys: Celebrating North America's Steam Railways (HDTV)			CBC News: The National	Brulé, Live-Mt		
	502	395	15 CBC	CBC News: The National	The Nature of Things	Jeopardy! (N)	Wheel Fortune	Community (N)	Parks/Recreat	The Office (N)	30 Rock	
	-	370	16 KHO	CBC News	Millionaire	Jeopardy! (N)	Wheel Fortune	Community (N)	Parks/Recreat	The Office (N)	30 Rock	
	-	372	22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV PA)	Fringe "August"	News		
	297	652	37 WPIX	Supernatural (HDTV)	PIX News at Ten Tong.	Anderson Cooper 360 (HDTV)	Showbiz Tonight	The Joy Behar Show	According-Jim	Cooper 360		
	500	500	29 CNN	Larry King Live (N)	Nancy Grace					Nancy Grace		
	508	502	31 CNM2	The Joy Behar Show	NHL Hockey	NHL Hockey San Jose Sharks at Vancouver Canucks. (HDTV) (Live)	SportsCentre	Poker - Europe		KHQ		
	400	400	21 TSN	NHL Hockey	Air Racing (HDTV) (N)	Sportsnet Connected (N)	Hockey Central	Flames Week	Sportsnet Connected (N)	MMA Conn		
	408	418	27 net	Air Racing (HDTV) (N)	Basketball	College Basketball	NCAA Tournament, First Round: Teams TBA. (Live)		Score Now	Score Now		
	410	403	30 SCORE	Basketball	College Basketball	College Basketball	Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters		
news	417	457	44 OLN	Oper. Repo	Oper. Repo	Ghost Hunters International	Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters		
	417	406	48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)	Pass Time	NASCAR Hub	Fast Track to Fame (HDTV)	Bullrun (HDTV)		
	552	543	20 YTV	iCarly	To Be Indie	iCarly	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	
	557	541	39 FAM	Suite/Deck	Suite/Deck	Han. Montana	Suite Life	Sonny Chance	Han. Montana	Wizards-Place	Latest Buzz	
	555	545	67 TOON	Johnny Test	Johnny Test	Wallace & Gromit: The Curse of the Were-Rabbit (2005)		Unstable	Futurama	King of the Hill	Lord of Rings	
	575	583	11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	Amer. Funniest Home Videos	Reba		
	553	546	17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One	Supernanny	Love It or List It	Confidential	Confidential	Divine Design		
	602	568	23 W	House-Sell	House-Sell	LA Ink "Gone Too Far"	Police Women of Maricopa	LA Ink "Gone Too Far"	Police Women	Ext. Cuisine		
	521	560	24 TLC	Police Women of Maricopa	Extreme Cuisine-Jeff Corwin	The First 48 (HDTV) (N)	Manhunters	Manhunters	Manhunters	The First 48		
family	603	561	25 FOOD	Extreme Cuisine-Jeff Corwin	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters	Cra\$h & Burn		
	615	520	26 A&E	The First 48 (HDTV) (N)	Relic Hunter	Chop Shop	Chop Shop	ET Canada	Whatever	Real Housewives of New York	Housewives	
	517	522	32 SHOW	Trailer Park	Last 10	Chop Shop	Chop Shop	The Breakfast Club (1985, Comedy-Drama)	(10:38) Pretty in Pink (1986)			
	601	562	33 SLICE	Last 10	Chop Shop	Chop Shop	Chop Shop	Daily Planet	Clash of the Dinosaurs	Clash of Dino.		
	-	633	34 ENC2	(7:15) Ryan	Air Bud Spikes Back *** (2003, Adventure)	Elisa Donovan, Perry King.	Law & Order "Legacy"	Grosse Pointe Blank *** (1997, Romance-Comedy)	Without a Trace	Payback		
	520	505	35 DISC	Clash of the Dinosaurs (N)	MyBusters	Seinfeld	Name Is Earl	Corner Gas	Name Is Earl	The Simpsons	South Park	
	620	523	36 BRAVO	Framed for Murder (2007, Drama)	Elisa Donovan, Perry King.	Seinfeld	Name Is Earl	Corner Gas	Name Is Earl	The Simpsons	South Park	
	294	650	40 WPCF	Law & Order: Special Victims	Air Force	22 Minutes	Lost "Recon" (HDTV) (N)	MANswers	MANswers	MANswers	MANswers	
	626	547	41 COM	Just for Laughs	Gunlight at the O.K. Corral *** (1957, Western)	Arnold Schwarzenegger.	MANswers	MANswers	MANswers	MANswers	MANswers	
	-	539	42 TCM	(6) My Darling Clementine	Gunlight at the O.K. Corral *** (1957, Western)	Arnold Schwarzenegger.	MANswers	MANswers	MANswers	MANswers	MANswers	
cable variety	628	584	43 SPIKE	Predator *** (1987, Science Fiction)	Arnold Schwarzenegger.	MANswers	MANswers	MANswers	MANswers	MANswers	MANswers	
	622	516	45 HIST	Ancestors	Ancestors	Pawn Stars	Pawn Stars	Ancient Discoveries	Ancient Discoveries	Nostradamus		
	627	528	46 SPACE	Human Target "Baptiste"	Lost "Recon" (HDTV) (N)	MANswers	MANswers	MANswers	MANswers	MANswers	MANswers	
	-	627	47 AMC	(6) King Kong *** (1976, Fantasy)	Jeff Bridges.	Enter the Dragon *** (1973, Adventure)	Bruce Lee, Jim Kelly.					
	619	525	49 TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	
	600	550	40 HGTV	House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes Inspection	House-Bryan	Real Renos	Holmes/Homes	
	501	391	52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	
	504	508	70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play	
	526	507	92 VIVA	The Closer		Cold Case		Psychic Inv.	Ghostly Enc.	Judging Amy	Missing	
	269	350	93 APTN	Wapos Bay	By the Rapids	Flame	Moose TV	Die Hard With a Vengeance *** (1995, Action)	Bruce Willis, Jeremy Irons.			
-	-	94 MCP	World News	News	My Queen	Immortal Yi, So	Vancouver	Shaktimaan	Dheeyan Gaur	Sadabahr	Connections	
571	581	100 MMM	mmtop10.ca		Audience With Lionel Richie	Lionel Richie	Gene Simmons	Wild 'n Out	Audience With Lionel Richie	Gene Simmons	Gene Simmons	
570	580	101 MPM	Springbreak10	Wild in Cancun.	disBAND	disBAND	UR11		Springbreak10	Wild in Cancun.	MuchMusicHits	
581	566	102 MTV	My Life as Liz	My Life as Liz	Taking, Stage	Made	MTV Live	Movie Night	The Real World		Taking, Stage	
-	-	116 VTS	Envoyé spécial	Geopolis	Humanisme	Hors série	TV5 Le Journal	(9:35) Arte reportage		Partir autrement		

critics'corner

30 Rock

Liz (Tina Fey) keeps running into Wesley (Michael Sheen), causing her to question their decision. Tracy (Tracy Morgan) frets about his reputation when his children's former nanny writes a tell-all book. Jack (Alec Baldwin) takes steps to secure his position in the new cable company. Jack McBrayer, Scott Adsit and Judah Friedlander also star in the new episode "Don Geiss, America and Hope." 10:30 PM on CKAL, KHQ



My Darling Clementine

Director John Ford puts his own slant on the 1946 retelling of the famous OK Corral shootout. Henry Fonda stars as legendary Wyatt Earp who arrives in town to find one of his beloved brothers murdered. Determined to seek justice, Earp becomes the marshal, deputizes his remaining siblings and awaits the Clanton gang. Victor Mature stars as Doc Holliday, and Cathy Downs co-stars as Clementine. 6 PM on TCM

Leno move a boom for NBC prime time

Two weeks after late night host Jay Leno left prime time and returned to the Tonight Show, NBC's audience for the final hour of prime-time TV has increased by 45 per cent.

While NBC doesn't necessarily have any hits in that hour, the instant response by viewers indicates they are more comfortable with the traditional mix of drama, news and reality rather than a late-night show moved into prime time.

The failed experiment of Conan O'Brien taking over the Tonight show and Leno moving into prime time ended just before the Olympics. Leno was averaging 5.15 million viewers in his new slot, the Nielsen Co. said. Through two weeks of other programming, the network is averaging 7.44 million at 10 p.m. Eastern. Local affiliates expressed anger that Leno's low ratings hurt their late local news.

NBC moved Leno back to the Tonight show. O'Brien quit instead of taking NBC's offer to move his start time back by a half-hour.

THE ASSOCIATED PRESS

U.S. judge rules in favour of genetically engineered sugar beets

A U.S. federal judge says farmers can harvest and sell their genetically engineered sugar beets this year. Nearly all sugar beets planted are genetically engineered and the crop accounts for half the U.S. sugar supply. **THE ASSOCIATED PRESS**

Urban Foodie

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Signature Dish: Rapture roll
Signature Drink: House hot sake

Globefish fashions part of its menu after an izakaya, a kind of tapas bar common in Japan for post-work drinking and snack-

On the web

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ing. That means on top of the standard sushi and sashimi, there's a great selection of cooked dishes.

Ebil chili mayo (\$8.95) are plump, lightly battered prawns drizzled with chili mayonnaise. Chicken nanban (\$8.95), delicious to say, is even more delicious to eat: big meaty chunks of slightly sweet and sour chicken.

Tuna and salmon isobe age (\$9.95) is a contrast of

textures as a lightly fried roll for an exterior crunch, with a cool centre of luscious tuna and salmon sashimi.

Globefish's showcase dishes are their special sushi rolls, most with playful names and seriously creative ingredients.

The Crunch & Munch roll (\$13.95) consists of prawn tempura, cucumber and tobiko (fish roe) wrapped with unagi (eel) and avocado with a bit of creamy wasabi sauce.

The Delicious Roll (\$15.95) features chopped scallop, crab, avocado and mango wrapped with



Crunch & Munch roll (\$13.95) from Globefish.

prawn, with a white wine lemon sauce and black tobiko.

If you still have room after the massive rolls, treat your sweet tooth to mochi

(\$6.95), a mound of ice cream wrapped in a skin of pounded glutinous rice.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of June's Lazy Buns.



Dining out

BRUNCH AT THE INN Chef's Table at the Kensington Riverside Inn (1126 Memorial Dr. NW) is now serving brunch on the weekends (8 a.m. to 1 p.m.). Brioche French toast and three kinds of Benedicts are on the menu.

HAPPY HOUR Catch (100 8th Ave. S.E.) is holding high tide happy hour from 3 a.m. to 6 p.m. every day and offering six oysters and two glasses of champagne for \$20.

ANDREE LAU/
FOR METRO CALGARY

In brief

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Today
Cool and cloudy
5°C / -3°C

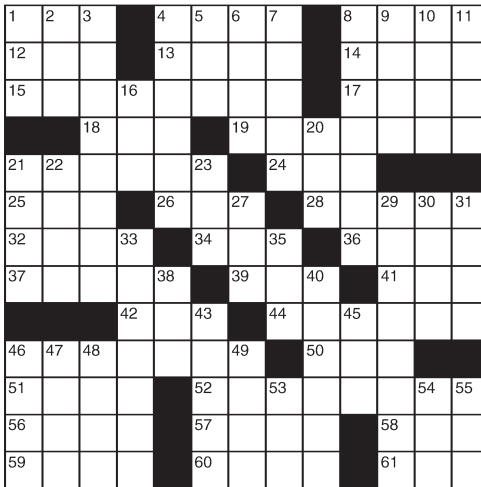


Friday
Cool and sunny
2°C / -8°C



Saturday
High clouds
9°C / -4°C

Take Five



ACROSS

- 1 Donkey
4 Difficult
8 Clenched hand
12 Cudgel
13 Hodgepodge
14 Formerly
15 Green onion
17 Stench
18 Began
19 Starting at the highest level
21 Diversion
24 Uncooked
25 Here (French)
26 Aries
28 Family branches
32 Fax cover-page word
34 Post-proof abbr.
36 Cry loudly
37 Melodies
39 Grumpy companion?
41 By way of
42 Hiatus
44 Suitor's intent
46 Annual publication
50 Zilch

- 51 Worms, maybe
52 Bundle of nerves?
56 Wheels of fortune?
57 Duel tool
58 Mine-car contents
59 Paradise
60 Entrance
61 Promptly

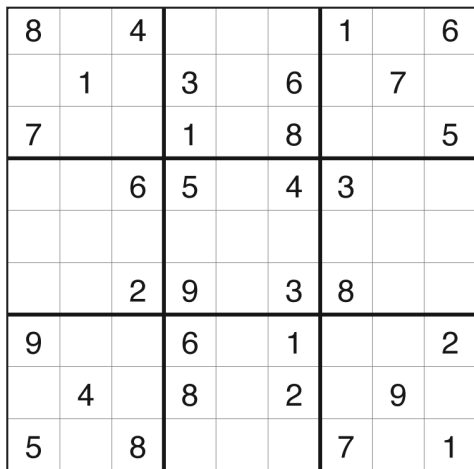
DOWN

- 1 Tummy muscles
2 Pouch
3 Mare's mate
4 Attorney General Eric
5 Foreman foe
6 Laugh-a-minute
7 Recipient's benefactor
8 Network of predatory relationships
9 —European
10 Garbage barge
11 Sea bird
16 Mainlander's memento
20 —de deux
21 Fissure
22 Beige
23 Online help page
27 Club —
29 Tent at an expo
30 Look-alike
31 Refinery waste
33 Explosive measure
35 Wall Street stat, with "The"
38 —Rafael
40 Eel type
43 Summoned on a beeper
45 Lubricant
46 Competent
47 Positioned
48 Marceau, e.g.
49 Guitar attachment
53 Ultra-modern (Prefix)
54 Acapulco gold
55 Fresh

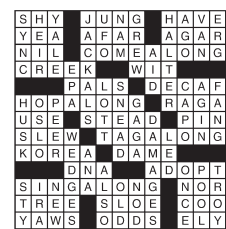
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	5	2	6	1	7	4	3	9
7	1	9	3	8	4	5	2	6
4	6	3	5	9	2	8	7	1
5	8	4	9	6	3	7	1	2
3	2	1	7	4	8	9	6	5
9	7	6	1	2	5	3	8	4
2	9	5	8	3	1	6	4	7
6	4	8	2	7	9	1	5	3
1	3	7	4	5	6	2	9	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You will try something totally outrageous today and friends and family may think you have taken leave of your senses.

TAURUS
APRIL 21-MAY 21
Someone will give you some excellent advice today, but for some reason you will refuse to take it.

LIBRA
SEPT 23-OCT 23
You may latch on to someone who appears to know what is going on — they are every bit as confused as you but they make a better job of disguising it.

SCORPIO
OCT 24-NOV 22
The planets indicate that what you are currently worrying about is irrelevant, so focus on what is still good in your world.

GEMINI
MAY 22-JUNE 21
As a Gemini you are used to doing half a dozen things at once but focus on doing one thing really well, and you'll shine.

SAGITTARIUS
NOV 23-DEC 21
You know what you want but you don't know how to get it. The cosmic picture is unsettled so circumstances may yet change for the better.

CANCER
JUNE 22-JULY 22
Say the wrong thing in the wrong way at the wrong time and you could find yourself out of favour with those who matter.

CAPRICORN
DEC 22-JAN 20
You will use what you know about a rival to put pressure on them today, but don't forget that you have a few weak spots as well.

LEO
JULY 23-AUG 23
Don't be too eager to point out other people's mistakes today or you could make an enemy of someone it would have been wiser to keep on your side.

AQUARIUS
JAN 21-FEB 18
You may be tempted to lash out at someone who deserves to be told what you think of them but don't go too far or you may spoil your relationship forever.

VIRGO
AUG 24-SEPT 22
Be careful if you decide to pass on information that you have heard from a friend or work colleague today. Are you sure it's reliable?

PISCES
FEB 19-MARCH 20
Don't rush to get where you most want to go today — take your time and enjoy the scenery as it passes by.

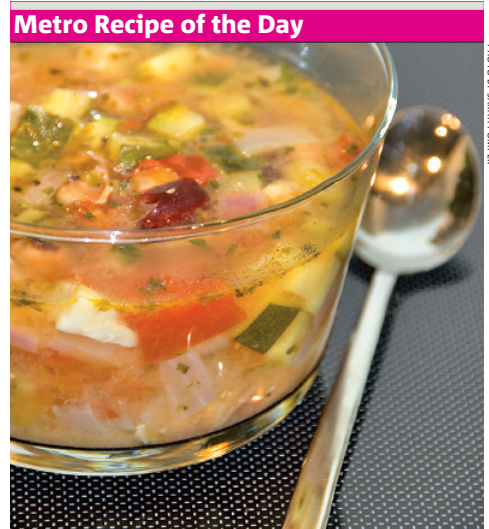
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This day in history

1850: American Express is founded by Henry Wells and William Fargo.
1893: Former Governor General Lord Stanley pledges to donate a silver challenge cup, later named after him, as an award for the best hockey team in Canada.
1906: Traian Vuia flies the first self-propelled heavier-than-air aircraft in Europe.
1945: Second World War: 1,250 American bombers attack Berlin.
1990: In the largest art theft in US history, 12 paintings, collectively worth around \$300 million, are stolen from the Isabella Stewart Gardner Museum in Boston, Massachusetts.

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Metro Recipe of the Day

Zucchini and Bean Soup

Submitted by Karen Benevento, Brampton, ON

INGREDIENTS:

- 3 tablespoons olive oil
- 2 medium zucchini, cubed
- 1 medium onion, chopped
- 1 cup mushrooms, chunked
- 2 clove garlic, minced
- 2 teaspoons fresh thyme, chopped
- salt and pepper
- 1 large tomato, diced
- 1 carton low sodium chicken broth
- 1 can beans (kidney, chick-pea or a mix), drained and rinsed

METHOD:

1. In large pot, heat oil over medium high heat.
2. Add zucchini and cook, stirring often, for about 3 minutes.

3. Add onion, garlic, mushrooms, thyme. Add salt and pepper to taste and continue to sauté, stirring to prevent vegetables from scorching, about 5 minutes.
4. Gently stir in tomatoes. Add broth. Bring to a boil, reduce to simmer and add beans.
5. Simmer until beans are heated through.
6. Serve with rolls or warmed hearty multigrain bread.

SERVES 4

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES



Looks like a rabbit, eats like a rabbit, it's an ... actress?

Amanda Seyfried sticks diligently to a raw-food diet that she hates, popeater.com reports. "It's intense. And sort of awful," Seyfried says in the new Esquire. "Yesterday for lunch? Spinach. Just Spinach. Spinach and some seeds." **METRO NEWS SERVICES**



Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

TYRA BANKS doesn't care about the rules anymore, **JAMIE KENNEDY** feels cheated, **HEIDI MONTAG** is easily entertained, and **RUSSELL BRAND** is getting free advice.

@tyrabanks Committed the ultimate model sin: a french manicure. Models are supposed to wear clear polish. But shoot, I'm retired! @JamieKennedy I have to give my Dr.72 hours notice when i cancel appt, or im charged, but when she canceled on me 1hr before i didn't free extra sesh. Is that fair?

@heidimontag I love the US Coast Guard so much! They have the coolest gazelle helicopters that fly over our house all the time. GO NAVY! love you guys!

@rustyrocks A surgeon who specializes in gender reversal just told me I'd make a good woman and gave me his card, like it was a haircut.

METRO NEWS SERVICES



His friends envy him

BUT THE LADIES ENVY HER ... A LOT Gerard Butler says he expects Jennifer Aniston romance rumours to continue well after their new comedy The Bounty Hunter opens Friday, us-magazine.com reports.

"It will never be over. If Jen remains my friend, which I hope she will, anytime we would ever hang out in any way will be dating again," he told USA Today at the film's NYC premiere Tuesday.

At the movie's London premiere last week, Aniston, 41, told BBC News that she and Butler, 40,

had a "good, fortunate time" shooting.

"We clicked," she said. "It was just easy. There was no kind of pretension to break through. We were instantly like, 'Yeah, I like you!'"

Butler said his friends were jealous that he got to work so closely with the actress, with whom he also gets cozy on the April cover of W magazine.

"I don't think I have to tell you what my friends said when I was working with Jen Aniston," he told BBC News.

"People love her. She's sexy. She's beautiful. My friends hate me that I get to (work with her), and they don't."

METRO NEWS SERVICES



Fiercely updating her book

HER NEW HAIR COLOUR IS OF GREAT EDITORIAL IMPORTANCE Kelly Osbourne is revisiting her book Fierce — which also contained self-help advice for teenagers based on Osbourne's own life experiences — to include all the exciting things that have happened to her since it was published last September, femalefirst.co.uk reports.

"Last week I started a rewrite of my autobiography Fierce, which was released last year," she said.

"The publishers and I have decided it could do with updating after everything that's gone on during

the past six months, like taking part in Dancing with the Stars, and the cover photo needs changing too — I had black hair then."

Osbourne — who has been in rehab four times to be treated for addiction to painkillers — admits she is more proud of the book than any of her other career achievements.

In the first version of Fierce, Kelly spoke candidly about how she was addicted to Vicodin by the time she was 17.

METRO NEWS SERVICES



Didn't wish for death

BUT SADLY IT FOUND HIM ANYWAY In the week since Corey Haim suddenly and tragically passed away, the outpouring of grief from his friends has been massive, popeater.com reports.

Now, ex-girlfriend Nicole Eggert is speaking out to Life & Style about the actor's troubled life, in quotes given exclusively to PopEater.

"He didn't want to die," Eggert says in the interview.

METRO NEWS SERVICES



Spears single ... again

ONE OF HER DANCERS, A PAP, HER AGENT. THIS GIRL MAY NEED TO LOOK FOR LOVE OUTSIDE HER ENTourage Britney Spears has split from her boyfriend Jason Trawick, femalefirst.co.uk reports.

The singer reportedly ended her romance with the talent agent at the end of February following a year-long romance because they had been arguing constantly.

A source said, "They were fighting a lot and have not been getting along. They both just needed to take a

break from each other. It wasn't working out."

Despite their split, Jason, 38, will still represent Britney through the New York-based entertainment agency, William Morris Endeavor Entertainment, where he works.

This isn't the first time the pair have seemingly split. The 28-year-old pop beauty dumped Jason in January after learning he had been flirting with two women at Los Angeles' Roger Room bar before getting back together.

Britney — who has two sons with ex-husband Kevin Federline — and agent Jason started dating in March 2009. They split briefly in August, but soon reconciled.

Since their romance began, Jason has proposed to Britney several times.

METRO NEWS SERVICES



WEEKLY REWARDS

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Celebrity Buzz

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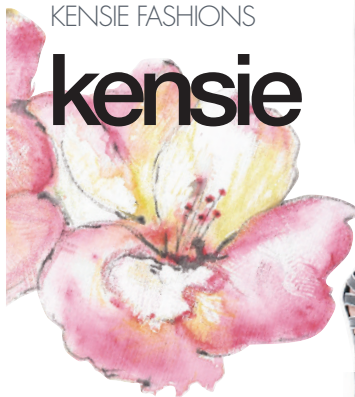
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He's a big shy softy

**GOOD THING IT'S HIS
JOB TO SPEAK IN FRONT
OF MILLIONS OF PEOPLE**

He may have blushed and seemed "uncomfortable" as he sat beside and kissed his girlfriend on The Tonight Show last week, but Simon Cowell is really "giddy" with when it comes to rumored fiancée

Mezghan Hussainy, people.com reports.

Cowell, 50, has been acting "teenagery and happy and light," British actress Amanda Holden tells People.

"They are like Tweedledee and Tweedledum. You can't separate them really."

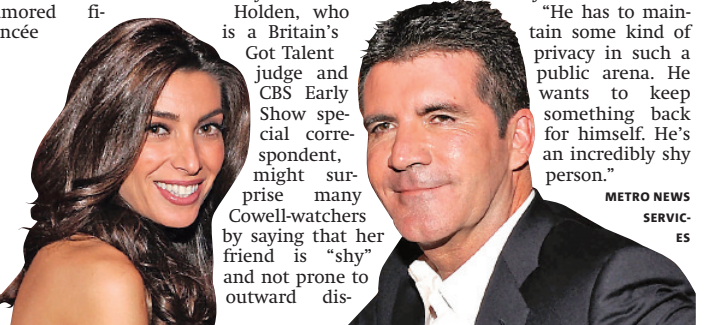
Holden, who is a Britain's Got Talent judge and CBS Early Show special correspondent, might surprise many Cowell-watchers by saying that her friend is "shy" and not prone to outward dis-

plays of his private thoughts.

This may explain why he and Afghanistan-born Hussainy, 36, have been so coy about their marriage plans.

"Apart from his mom (speaking about him), he's never really let on much about his private life," she says.

"He has to maintain some kind of privacy in such a public arena. He wants to keep something back for himself. He's an incredibly shy person."

METRO NEWS
SERVICESA change needed in
her dating patterns**MAY HAVE LESS TO DO
WITH AGE AND MORE TO
DO WITH LEVEL OF
SKEEZINESS**

Pamela Anderson wants to date an older man, female-first.co.uk reports.

The former Baywatch babe — who was previously married to Tommy Lee, Kid Rock and Rick Salomon — and recently split from Jamie Padgett — wants to try romance-

ing someone her senior as she thinks it may be the way to a successful relationship.

Talking about the prospect of dating boy band JLS, the 42-year-old blonde said, "I'm sure they are way too young ... I need an older man, don't you think?" "I'm going to try that for once."

METRO
NEWS
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A brave new age

**MAKING FRIENDS WHERE EVER
HE GOES**

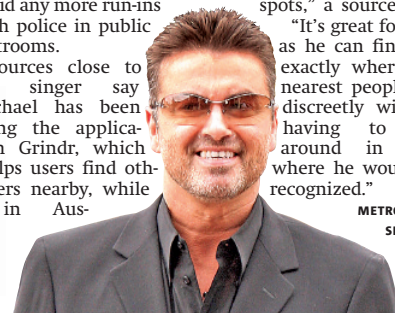
George Michael has reportedly been using a new iPhone application to make new friends, which should help him avoid any more run-ins with police in public restrooms.

Sources close to the singer say Michael has been using the application Grindr, which helps users find others nearby, while in Aus-

tralia, according to the Daily Star.

"George has been using the application loads since he has been in Oz as he doesn't know the local spots," a source says.

"It's great for him as he can find out exactly where the nearest people are discreetly without having to ask around in bars where he would be recognized."

METRO NEWS
SERVICES

Bad timing

**OR REALLY GOOD TIMING — DEPENDS ON HOW HER PR PEEPS
SPIN IT**

Jennifer Love Hewitt's breakup with Jamie Kennedy comes just in time for the release of her dating advice book, The Day I Shot Cupid, but the actress tells People magazine she's no fan of being single.

"I don't like to go out to clubs and party."

"I'm not into 'Let's go out with one guy on a Monday and another guy on a Wednesday.' That's just not me," the "Ghost Whisperer" star says.

"I'm a relationship kind of girl. I like a twosome."

METRO WORLD
NEWS

Padma's baby

MAY ALSO BE ADAM'S BABY

Adam Bell is reportedly negotiating with Padma Lakshmi for more visitation time with their newborn daughter, Krishna.

The Texas-based Bell told guests a recent barbecue "how excited he was to raise her, but that Padma wasn't being entirely accommodating," sources tell Page Six.

A source close to Lakshmi retorted, "An agreement was made with the biological father that was very fair. It's unfortunate if anything inappropriate is being said." Official reps for Lakshmi and Bell have yet to weigh in.

METRO WORLD NEWS

entertainment 27

Celebrity Buzz

Sarah's a sucker for love

AND KEEPS FALLING FOR THE FUNNY ONES It's no joke, Sarah Silverman still believes in love after the end of her romance with Jimmy Kimmel, people.com reports.

"I'd like to find that person," the comedian, 39, tells Playboy in a new interview.

"I think Jimmy and I had every intention of spending the rest of our lives with each other. I love love. It's my top priority. Jimmy will tell you. I'm a good girl."

Silverman, who is now dating Alec Sulkin, a writer for FOX's Family Guy, says she and Kimmel gave it their best shot in their two stints together between 2002 and 2009.

"We were together for so long and tried our best to make it work," she says. "I can think of him now and don't have that

edgy feeling anymore. I just love him to pieces."

She adds, "Sometimes loving each other is-

n't

enough. You have to be responsible for your own happiness. You can't stay in a relationship because you're afraid of the unknown."

"But I will always love him. Sometimes I think maybe we'll die together in our old age or something."

Her new boyfriend apparently doesn't feel overshadowed by her old one.

"He was the one who told me to watch Jimmy's 10 at 10 on Leno the day after he did that," Silverman says.

"He isn't ruled by ego; he's just himself."

METRO NEWS SERVICES



Bashing down the walls

DARN IT! SHE'S A CELEBRITY AND THAT GIVES HER RIGHTS ... RIGHTS TO DRIVE HER NEIGHBOURS NUTS

Brooke Shields has commissioned extensive changes to be made to her \$5.6 mil-

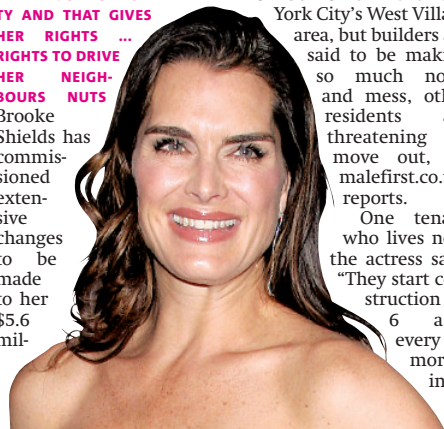
lion US home in the New York City's West Village area, but builders are said to be making so much noise and mess, other residents are threatening to move out, femalefirst.co.uk reports.

One tenant who lives near the actress said, "They start construction at 6 a.m. every morning,

and people are outraged. "This has been going on for months, and people in surrounding buildings are threatening their property managers that they'll move out if it doesn't stop."

A group of residents reportedly confronted the renovation team but were told, "If you have a problem, take it up with Brooke Shields."

BLDG management, which leases many local apartments, has refused to comment on the troubles reported by the residents, including that the renovations have caused the side-



walk near the star's home to be closed.

METRO NEWS SERVICES

Brides and grooms to party Too much sharing

IS THAT LIKE A TARTS AND VICARS PARTY? When Heidi Klum and Seal renew their wedding vows again this year, party attendees will have to adhere to a very strict dress code, us-magazine.com reports.

"It's going to be all brides and all grooms," Klum told E! News.

"All of the women will be brides and all of the men

will be grooms."

The supermodel and Project Runway host didn't offer much of an explanation.

"Just one day, I woke up and I was like, 'Oh, I know what I am going to do this year ...' I like to have fun and I like to make it fun for my family and friends."

METRO NEWS SERVICES

SOMETIMES YOU DON'T WANT TO SEE EVERYTHING Judd Apatow doesn't want to see sex in 3-D.

The movie director, who has previously worked on films including Forgetting Sarah Marshall — where Jason Segal exposed his manhood — and Knocked Up, believes intimate scenes filmed using the technology is unnecessary, femalefirst.co.uk reports.

"I don't want

everything in 3-D because I don't want to be in the middle of everything," he said.

METRO WORLD NEWS



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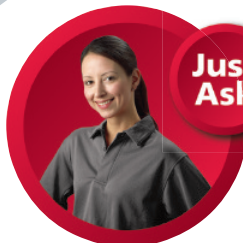
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